

Yellow Advertiser Southend

Week ending Friday December 22, 2017

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Local News

Southend, Leigh, Belfairs, Prittlewell, Marine Estate, Chalkwell, Westcliff, Southchurch, Thorpe Bay, Shoebury, Great Wakering, Eastwood



PRISON: Glen Bartlett

Ex-solicitor who sexually abused young boys is jailed for 20 years

A FORMER solicitor from Rayleigh has been jailed for 20 years for sexually abusing young boys.

Glen Bartlett, 60, of Downhall Park Way, was arrested in October 2015 over historic abuse of two boys under the age of 16, beginning in the late 1970s.

Bartlett was found guilty in September of 10 counts of indecency

and two counts of indecent assault on a boy aged under 16.

Norwich Crown Court heard on Friday, December 15, that Bartlett groomed and buggered one boy from age 11 until 17, then groomed and indecently assaulted a second boy.

Investigating officer DS Lisa Hurrell said: "Glen Bartlett is a dangerous abuser who

preyed on vulnerable young boys over several years. His offences are vile and I am pleased he is now behind bars.

"He has shown no remorse for his crimes and has caused further anguish to his victims by making them endure a trial. I want to praise the victims for coming forward and for their courage during the investigation and

throughout the trial.

"They each placed their confidence in Essex Police to support them through this extremely difficult time and I am pleased that the positive outcome of this trial has now concluded. Hopefully it will provide them with some closure and comfort in knowing he will no longer be in a position to harm others."

Multi-million pound bid to extend airport passenger terminal wins approval

CLEAR FOR TAKE-OFF

By Michael Cox

southend@yellowad.co.uk

A MULTI-MILLION pound plan to extend the passenger terminal at Southend Airport has been approved by councillors.

The proposal, which includes extensions to the northern and southern ends of the terminal, was given the go-ahead by Rochford District Council's development committee last Thursday.

A report said the existing, single-storey parts of the terminal building, built in 2011, would be demolished and larger extensions built instead.

The northern extension will increase capacity for

baggage reclaim and add space for a new immigration hall.

Extending the southern part of the terminal would make the baggage shed and screening areas larger. The latter would

hold new baggage screening equipment, required to meet new European regulations that come into force in September.

The report said that the development, "will not increase passenger numbers or flights above limits already in place".

Councillors imposed a number of planning

conditions before building can begin, including archaeological investigation as the site stands on an area with possible late Bronze Age remains.

The airport anticipates that construction work will begin early in the new year.

VISION: An impression of the terminal extension by Todd Architects
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Please put all your recycling and waste out a day later than normal.

Revised Christmas Holiday Collection Days

Normal collection day		Revised collection day
Tuesday 26th December	►	Wednesday 27th December
Wednesday 27th December	►	Thursday 28th December
Thursday 28th December	►	Friday 29th December
Friday 29th December	►	Saturday 30th December

Please remember that the following week collection days will be back to normal.

For more information on what to do with cards, wrapping paper and additional recycling please visit our website southend.gov.uk/recycling

Thank you!

Remember!

Please put the right thing in the right bag, box or bin!

Between the **6th and 20th January 2018**, all residents can have their real Christmas trees collected for recycling. Remember to remove all decorations and tinsel. Please place alongside your other recycling at the edge of your property on your collection day.

Please put everything out by 7am.
Collections continue until 6pm.



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New teaching block at school gets green light

By Michael Cox

southend@yellowad.co.uk

PLANS have been approved for a new teaching block at a secondary school in Southend that would create 150 extra places.

The proposals for the two-storey building at St Thomas More High School include extra classrooms, a fitness suite, a games area and a drama/music studio.

Planning permission was granted by Southend Council on Wednesday, December 13.

The building is set to be constructed on the site of three tennis courts, and the fitness suite would be open to the public.

The courts would be replaced by four new ones, planned as part of the games area.

The number of students at the school is now set to increase by 151, to almost 1,150.



The council announced earlier this month that St Thomas More was one of eight secondary schools that had

agreed to expand to meet a shortfall in secondary school places in the borough up to 2020.

The local authority said the school had committed to providing one extra form of entry next year.

EXTRA PLACES: St Thomas More High School, Westcliff-on-Sea
Photo by Martin Dalton

Conmen act as tree surgeons to target OAPs

POLICE have asked people to warn their elderly relatives after a spate of distraction burglaries across Southend and Castle Point.

Officers are investigating three incidents, between November 9 and 16, in residential roads in Benfleet and Southend, where a group of men offered tree surgery services, allegedly carried out work and demanded disproportionate fees.

Detectives said victims reported being taken to their bank by one of the group to withdraw cash.

Thousands of pounds were reported stolen from a safe in a fourth incident on Canvey Island on November 14.

Essex Police believe this took place after a man, claiming to be doing work at a neighbour's property, said he needed access to the victim's back garden. They will not release specific locations of the incidents to protect the victims.

DI Anna Granger, from Basildon CID, said: "We now believe these four incidents may be linked. We don't wish to cause undue concern, but if you have elderly relatives or neighbours living alone, or perhaps have parents or grandparents who may live together but you think may be vulnerable, please alert them."

"Elderly relatives or neighbours don't always use social media and may not be online, so we're asking you to be our messengers for this."

"We believe this group have leafleted advertising tree surgery services, so we would ask you to tell them about this, and help them check the legitimacy of any company they may be considering hiring."

"If you have any information which you think could help enquiries, please get in touch straight away."

Anyone with information can contact Basildon CID on 101, or Crimestoppers anonymously on 0800 555 111.

Inspectors heap praise on adult community college

AN ADULT college in Southend has been rated "good" by Ofsted for the tenth successive year.

Southend Adult Community College, in Ambleside Drive, was visited by inspectors on October 31.

In a letter to college principal Sue Hasty, inspector Tony Gallagher wrote that the college excelled at engaging with diverse groups of learners, while inspectors also found GCSE English and maths rates were above the national average.

Mr Gallagher said there was a



DELIGHT: Principal Sue Hasty and staff celebrate their Ofsted report
Photo by Martin Dalton

caring culture throughout the college where learners feel safe and work respectfully together whilst valuing each other's cultures. He added that learners value and benefit from in-class support, are enthusiastic and make good progress.

James Courtenay, executive councillor for children and learning at Southend Council, said he was "delighted" by the news.

"Well done to the students, staff and leadership team for their successes."



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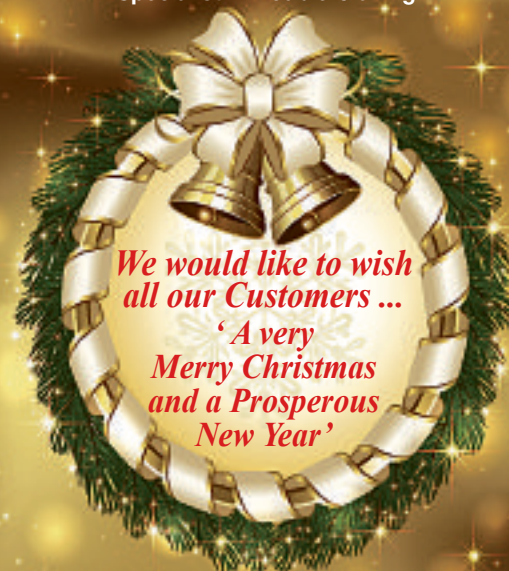
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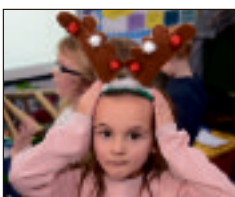
NEWS

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FUN: Children get into the Christmas spirit at Edwards Hall Primary School
Photos by Martin Dalton

It's party time!



A SCHOOL in Leigh got into the festive spirit by holding Christmas parties. Edwards Hall Primary School, in Macmurdo Road, hosted parties for each class on Monday afternoon including a visit from Santa Claus.

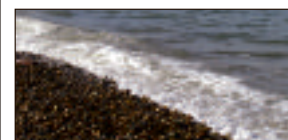


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Tides



High tide at Southend Pier (GMT):

Thur:	0152	5.60	1417	5.60
Fri:	0225	5.50	1452	5.50
Sat:	0258	5.40	1528	5.30
Sun:	0333	5.30	1606	5.20
Mon:	0411	5.10	1650	5.10
Tue:	0457	5.00	1742	5.00
Wed:	0552	4.90	1845	5.00

High tide at Tilbury:

Thur:	0226	6.20	1450	6.20
Fri:	0258	6.20	1525	6.10
Sat:	0331	6.00	1600	6.00
Sun:	0405	5.90	1639	5.90
Mon:	0443	5.80	1723	5.70
Tues:	0528	5.60	1815	5.60
Wed:	0622	5.50	1917	5.60

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TROLLEY: Tesco deputy manager Matt Brookes and community champion June Read hand over toys to YA editor Mick Ferris



VISIT: The YA's Michael Cox at Neptune Ward, Southend Hospital
Photos by Martin Dalton

Thank you for your generosity

THE **YELLOW ADVERTISER** helped to deliver hundreds of Christmas presents this week to children who will spend the festive period in hospital.

Since November, the **YA** has been collecting books, DVDs, toys, colouring books and other gifts to deliver to youngsters on the wards at Basildon and Southend hospitals.

On Monday, **YA** publisher

Vicky Wright and reporters Lewis Berrill and Michael Cox delivered the haul of gifts donated by **YA** staff, advertisers, readers and partners.

Two Basildon supermarkets collected toys for the campaign – Tesco in Langdon Hills and Asda in the Eastgate Centre – as did estate agents Countryside Estates.

Asda community champion

Gillian Gurney visited Basildon Hospital with the **YA** to hand out the gifts.

She said: "I want to say thank you to all the customers and colleagues for their generosity."

"It's Christmas and it's great that people remember that it's a time of giving in the community."

YA reporter Lewis, who vis-

ited Basildon, said: "It was a really uplifting experience seeing their little faces light up when we delivered the toys."

"The staff at the hospital were brilliant. They really deserve a shout-out for all the hard work they do, especially over the Christmas period. I don't know how they do it."

Michael, who visited Southend, added: "I was

thrilled to be able to visit Neptune Ward at Southend and deliver some goodwill and toys to the children there."

The **YA** received a card from Neptune Ward, which read: "Thank you for your ongoing support... It's much appreciated by the staff and patients."

The **YA** would like to thank everybody who donated towards the toy drive.



THANKS: The **YA**'s card from Neptune Ward at Southend Hospital

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● A MAN has pleaded not guilty to the murder of Nico Ramsay in Southend last year.

Allie Houlder, 22, of Mantle Way, Stratford, east London, entered the plea at Chelmsford Crown Court last Thursday.

He also denied a charge of possession of an offensive weapon.

Mr Ramsay, 19, was fatally stabbed in Napier Avenue, Southend, in February 2016.

Houlder was remanded in custody and will appear at the same court on January 3.

● SOUTHEND has risen 22

places among local authorities for performance across reading, writing and maths at Key Stage Two.

Results released last week showed the borough in 28th place out of 151 local authorities for the three subjects. According to the Government figures, 66 per cent of Southend pupils reached the expected standards in reading, writing and maths, 10 per cent up on 2016 and five per cent above the national average.

Cllr James Courtenay, executive councillor for children and learning, said:

"This is great news and everyone involved in achieving this should be delighted.

"The council is committed to supporting every child and school in the borough to be the best it can be."

● A YOUTH orchestra is putting on a concert in Southend.

South Essex Youth Symphony Orchestra is performing A Christmas Hamper, at Southend High School for Boys, in Prittlewell Chase, on Saturday, December 23. They will perform a

selection of baroque and classical music, as well as carols. Proceeds from the concert, which starts at 7.30pm, will be split between Help for Heroes and South Essex Youth Symphony Orchestra.

Tickets cost £9 for adults, £8 concessions and £5 for students and children.

Anyone who wants to buy a ticket can pay on the door, call 01268 743069, 07958 193390 or email boxoffice@seyso.org.uk.

● SOUTHEND residents can quiz Roger Hirst, the Police, Fire and Crime

Commissioner for Essex.

A public meeting is taking place on Tuesday, January 23 in the Jubilee Room at the Civic Centre, Victoria Avenue, Southend, between 6.30pm and 8pm.

Details of current crime trends and ongoing operations will be discussed at the meeting by a panel with Mr Hirst, deputy police and crime commissioner Jane Gardner and representatives from Southend Police's Command Team, Essex County Fire and Rescue Service and the local Community Safety Partnership.

For more information go to www.essex.pfccc.police.uk.

● STAFF from South Essex Homes are set to visit all the properties it manages on behalf of Southend Council.

A spokesman said it was carrying out safety surveys to reassure residents and offer advice. Visits are expected to be completed by the New Year.

Any detailed issues regarding fire safety are being passed to the fire service.

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There you will be able to view a range of products, from bedrooms to kitchens through to fitted bathroom furniture and home offices.

Newstyle will make units to any heights, width or depth to accommodate awkward room dimensions, and you won't be charged double for special sizes.

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6 days from £739 Flying direct from London Gatwick, 18 May, 1, 8, 22, 29 June, 7, 14, 21, 28 September & 5 October 2018

The beautiful border country between Spain and France, explored on some wonderful mountain railway trains – life in the slow lane!

Tour highlights

- ✓ Spend five nights on the Costa Brava
- ✓ Unspoiled Roses, the holiday base, sits on a sweeping bay
- ✓ Enjoy the views from the Roses Express road train
- ✓ The historic Little Yellow Train climbs into the French Pyrenees
- ✓ The Núria Rack Railway offers the only access to the mountain resort
- ✓ Discover the stunning Upper Aude Valley on France's Red Train
- ✓ Three heritage train journeys and a ticket for the Roses 'road-train'
- ✓ Fully escorted by a friendly, experienced tour manager
- ✓ Five nights' three-star half-board hotel accommodation, return flights and transfers



Cyprus Discovered

8 days from £579 Flying direct from London Gatwick, March, April, October, November 2018, February, March & April 2019

Based in the coastal resort of Paphos, this break in the winter sun offers plenty of opportunities for rest and relaxation, and includes three wonderful excursions.

Tour highlights

- ✓ Spend a week soaking up some winter sun
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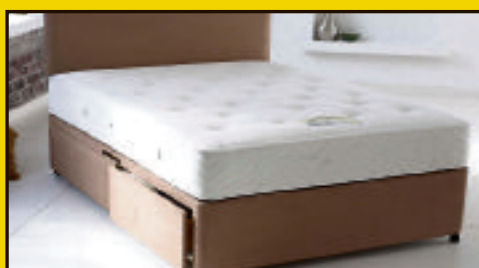
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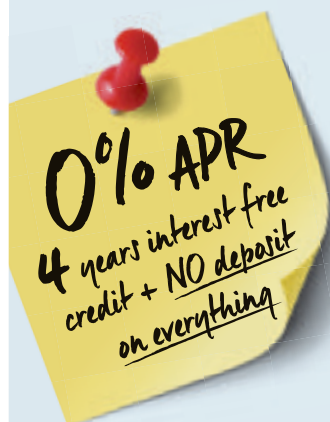
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Now help is available in the UK



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If symptoms worsen and/or persist, consult a doctor. For more information visit www.kijimea.co.uk.

Recurring intestinal problems have been a mystery for a long time. The search for a possible cause kept scientists busy for years – until they discovered what may be to blame: a chronic bowel disease called Irritable Bowel Syndrome (IBS). Today, experts are increasingly

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This product may help patients

with IBS to leave their everyday worries behind!

Now available in the UK – Kijimea IBS

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Kijimea IBS is brand-new!

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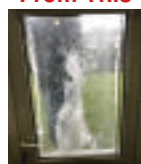


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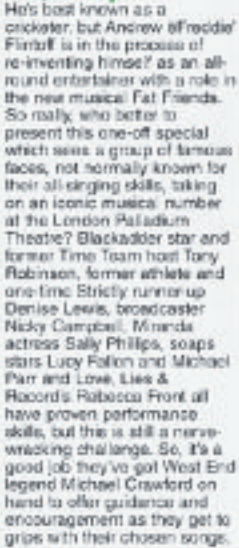
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Movie Choices

KUNG FU PANDA 2 (2006) The clumsy hero is reunited with his long-lost father, whose help he'll need when a supernatural foe threatens all of China. Forther and son travel to a secret village populated by other pandas, and must train them in martial arts so they can defend their home. Animation courtesy of DreamWorks. **PG** **Box Office** \$1.35bn **Sky Cinema** 11.35am-1.25pm

GHOSTBUSTERS (1984) Three eccentric scientists put their V-Hack gadgetry and knowledge of the paranormal to money-making use by setting up in business as freelance ghost catchers. A musician cat there in to investigate when she sees strange creatures in her clothes. Only to end up possessed. As the soon-to-be-turned team members deal with attempts to kill them by trapping them, they discover an evil demonic entity, being summoned into existence and fails to them to stop this creature from destroying the world. Supernatural comedy adventure, starring Bill Murray. **Dan Aykroyd** **Sky Cinema** Comedy 2.30-5.40pm

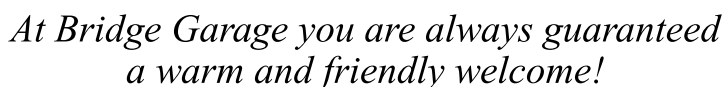
MOULIN ROUGE (2001) A classic writer is drawn to the decadent backstreets of Paris, determined to play a part in the bohemian revolution. He falls for a courtesan from the famous Moulin Rouge. The seductive duo also convert his affections, setting the scene for tragedy. By Luchman's romantic melody, with Ewan McGregor, Nicole Kidman and Jim Broadbent. Featuring recordings of pop songs by Nirvana, David Bowie, Elton John and others. **Sky Cinema** Musicals 6.50-9pm

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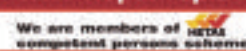


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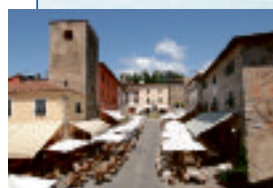


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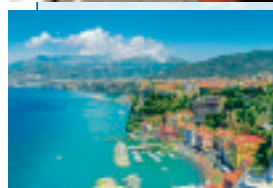
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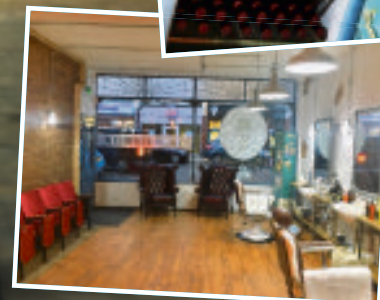


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From left, Kevin Hart as Moose Finbar, Dwayne Johnson as Dr. Smolder Bravestone, Karen Gillan as Ruby Roundhouse and Jack Black as Professor Shelly Oberon in *Jumanji: Welcome to the Jungle*.

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Ready to rumble?

JUMANJI: WELCOME TO THE JUNGLE
(12A, 119 mins)

MORE than 20 years after family-friendly Jumanji starring Robin Williams rampaged through multiplexes, Jake Kasdan directs an action-packed rumble in the jungle tailored to the short attention spans of digitally-minded teenagers.

Five screenwriters pay tribute to the late actor, passing the narrative baton to a new set of wise-cracking misfits, who have an equally close encounter with a herd of belligerent, stampeding rhinoceroses.

In the 1995 original, released when "smart-phone" was freshly minted, the horned beasts are unleashed from a board game and stampee down a suburban street. Fast-forward and computer trickery lets Kasdan orchestrate a set-piece involving angry albino rhinoceroses charging down a malfunctioning helicopter in a canyon.

It's a preposterously overblown sequence in a film merrily divorced from realism that relinquishes the childlike innocence of the first film for an all-guns-blazing assault on the senses including ribald humour that will be too saucy for



JUMANJI: WELCOME TO THE JUNGLE: Kevin Hart as Moose Finbar
PA Photo/Sony Pictures Entertainment Inc./Frank Masi

very young children.

The film's running gag generally involves a male appendage in various states of arousal.

Gaming nerd Spencer Gilpin (Alex Wolff) serves detention alongside three fellow students at Brantford High School: football jock Fridge (Ser'Darius Blain), cheerleader Bethany (Madison Iseman) and bookworm Martha (Morgan Turner). They have to clean out the school's basement, where they stumble upon a discarded Jumanji video game with four controllers.

Spencer, Fridge, Bethany and Martha are sucked into

the game where the students take on the guise of heroic avatars.

Spencer becomes archaeologist Dr. Smolder Bravestone (Dwayne Johnson), Fridge is zoologist Franklin Finbar (Kevin Hart), Bethany is cartographer Professor Shelly Oberon (Jack Black) and Martha is reborn as warrior Ruby Roundhouse (Karen Gillan). A plummy guide called Nigel (Rhys Darby) explains that the teenagers must combine their characters' complementary skills to recover a green gem and lift a curse. Aided by a pilot (Nick Jonas), the students

each have three lives to overcome the game's levels and defeat a villain (Bobby Cannavale).

Jumanji: Welcome To The Jungle is less than the sum of its fitfully entertaining parts. Johnson and Hart catalyse an amusingly fractious double-act while Black has a hoot channeling the sassiness of a classroom queen bee, including one standout sequence in which he tutors Gillan in the fine art of flirtation. Cannavale is an ineffectual villain and Jonas is surplus to requirements.

Released: December 20
RATING: 5.5/10



PITCH PERFECT 3: Chrissie Fit as Flo, Anna Camp as Aubrey, Alexis Knapp as Stacie, Brittany Snow as Chloe, Anna Kendrick as Beca, Rebel Wilson as Fat Amy and Ester Dean as Cynthia-Rose
PA Photo/Universal Pictures/Quantrell D Colbert

Here come the girls...

PITCH PERFECT 3
(12A, 93 mins)

PITCH PERFECT 2 overtook School Of Rock to become the highest grossing musical comedy of all time so expectations are high for the third and concluding chapter in the aca-franchise.

Trish Sie assumes directorial duties for Pitch Perfect 3, which opens after the Barden Bellas have left college and gone their separate ways.

It's a hard knock life without the unstinting support of the sorority and Beca (Anna Kendrick), Fat Amy (Rebel Wilson) and co desperately miss their fellow musical minxes.

When an opportunity arises for the Bellas to reform in order to take part in an overseas tour with the United Service Organisations,

which entertains members of the US Armed Forces, the limber ladies don't hesitate.

Beca and Fat Amy trade hugs with the rest of the gang including Chloe (Brittany Snow), Stacie (Alexis Knapp), Jessica (Kelley Jakle), Cynthia-Rose (Ester Dean), Emily (Hailee Steinfeld), Flo (Chrissie Fit) and softly spoken beatboxer Lilly (Hana Mae Lee).

The Bellas are crestfallen to discover that their fellow performers on the tour don't just sing beautifully, they also play their instruments.

Sardonic commentators John Smith (John Michael Higgins) and Gail Abernathy-McKadden (Elizabeth Banks) unleash a barrage of pitch-slapping putdowns as the Bellas realise they will have to adapt once again to make themselves heard.

Released: December 20

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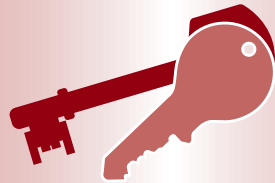


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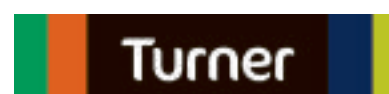
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Smartphone menace on our roads

By Chris Russon

SOCIAL media addicts who can't leave their gadgets alone when driving are the new menaces on the road.

Sending text messages, mobile phone use and drink and drug driving have come out on top as the most worrying aspects of modern motoring in a survey of what concerns Britain's drivers the most.

The study by the Institute of Advanced Motorists has revealed that more than 90 per cent of road users consider the dangers caused by people accessing social media or email messages while driving was a significant threat to personal safety and that the problem is increasing.

The study of more than 2,000 motorists in the third annual IAM RoadSmart Safety Culture Survey also revealed that driving while under the influence of alcohol or illegal drugs remained an issue.

And while around half of



RECKLESS: More than 90 per cent of road users consider the danger caused by people using mobile phones while driving is a significant threat to their personal safety

the drivers surveyed believe the dangers posed by drink-driving have remained the same over time, the problem of people driving under the influence of drugs is increasing, with 64 per cent identifying this

as more significant over the past three years.

Other risks to personal safety on the road identified in the survey included talking on mobile phones (89 per cent), speeding in residential streets (87 per

cent), drivers ignoring red lights (87 per cent) and tired drivers (86 per cent).

Aggression behind the wheel was also a problem, with 75 per cent of those surveyed believing this a danger to personal safety.

Neil Greig, IAM RoadSmart director of policy and research, said: "In the three years we have been running this survey, people's worries about drivers using new smartphone technology have remained

consistently high. While public awareness of the dangers of using handheld mobile phones is now good, almost 60 per cent of drivers still believe it is acceptable to use a hands free phone despite growing evidence of the distraction this can cause.

"With three years of data there are other trends emerging which do cause us some concern. Around a quarter of drivers still feel it is acceptable to speed at 5mph over the limit in residential areas and one in ten believe it is all right to get behind the wheel after taking alcohol and marijuana.

"These figures show we have a long way to go before all the dangers caused by reckless driver behaviour are eradicated from our streets.

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Men seeking women

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FUN loving, hard working 55 yr old, likes going to gigs and pubs, looking for female company. Text only replies. Mailbox: 6118877

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Public Notice

Essex County Council

Planning and Compulsory Purchase Act 2004 (as amended) Regulation 26 of the Town and Country Planning (Local Planning) (England) Regulations 2012 Essex and Southend-on-Sea Waste Local Plan Notice of Adoption

This adoption statement gives notice that Essex County Council (ECC) and Southend-on-Sea Borough Council (SBC) have both adopted their joint prepared Waste Local Plan, in accordance with the above regulations. ECC formally adopted the Plan on 11 July and SBC on 19 October 2017.

This Plan sets out the Councils' strategy and policies for waste development until 2032. The Plan forms part of the Development Plan in Essex and now officially replaces the Waste Local Plan adopted in 2001.

The Waste Local Plan, the adoption statement and the Inspector's Report on the Examination of the Development Plan Document are available to view at all Essex district/borough/city council offices and at all Essex and Southend-on-Sea libraries (please contact each directly for individual opening hours).

The above listed documents, as well as the Sustainability Appraisal and the Sustainability Appraisal Adoption Statement, can be viewed from Monday to Friday between 9am and 5pm by appointment at County Hall, Chelmsford via 03330 139 808 and at the Civic Centre, Southend via debbeskinner@southend.gov.uk or 01702 215408.

All of the documents can also be viewed online at www.essex.gov.uk/WLP

Please note this statement provides notification of adoption only and does not represent a further stage of consultation. If any person is aggrieved by the Essex and Southend-on-Sea Waste Local Plan then they may make an application to the High Court under Section 113 of the Planning and Compulsory Purchase Act 2004 on the grounds that the document is not within the appropriate power and/or a procedural requirement has not been complied with.

For further information please contact the Minerals and Waste Policy Planning team on 03330 139 808 or email mineralsandwastepolicy@essex.gov.uk

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LICENSING ACT 2003

Section 17

Notice of Application for new Premises Licence

We, Miller Leisure Limited hereby make application for a Premises Licence in respect of Sea Life Adventure, Eastern Esplanade, Southend on Sea, Essex SS1 2ER. The relevant licensable activities which it is proposed will be carried on are the sale of alcohol, provision of Regulated Entertainment (playing of recorded music and live music) and the provision of Late Night Refreshment from 10.00 to 02.00 the following day Monday to Sunday. Responsible Authorities or any person may make representations to the Licensing Authority (Southend on Sea Borough Council). All such representations shall be made in writing by the 15 January 2018. Representations should be sent to the Licensing Authority, Southend on Sea Borough Council, Civic Centre, (Floor 13) Victoria Avenue, Southend on Sea, Essex SS2 6ZG. A record of the application, and the statutory register of the Licensing Authority, may be inspected at the Council's office address given above, between 8.30 am and 4.45 pm on Mondays to Fridays or at www.southend.gov.uk. It is an offence knowingly or recklessly to make a false statement in connection with an application, and the maximum fine for which a person is liable on summary conviction is level 5 on the standard scale (currently unlimited). Dated: 15 December 2017. DRYDALES SOLICITORS LLP Solicitors and Authorised Agents for the Applicant.

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SHRIMPERS PAY THE PENALTY

Football

**Southend United 1
Bradford City 2**
Sky Bet League One
By Rowland Lyons
at Roots Hall

PHIL Brown's Shrimpers' unbeaten home record ended after Bradford snatched a late and eighth away win of the season.

Charlie Wyke's 90th minute penalty cancelled out Stephen McLaughlin's second-half leveller after Dominic Poleon put the Bantams ahead in the opening few minutes. Skipper Ryan Leonard was sent off.

A tentative Blues' start saw City seize the initiative.

Having seen Poleon bring the best out of Mark Oxley after only three minutes, the former Southend trainee made no mistake – barely six minutes later – after Nicky Law was all too easily allowed to cross.

Southend took until 23 minutes to create their first opportunity, and Leonard should have done better. Unmarked and meeting fit-again Ben Coker's cross, the in-demand playmaker could only head straight at a grateful Rouven Sattlemire.

Apart from a characteristic Leonard charge halfway down the field, Southend had to wait until after the turnaround, when the recalled Nile Ranger fashioned a chance out of nothing, only to be denied by a Matthew Killgallon



RED CARD: Ryan Leonard

Photo by Martin Dalton

last-ditch tackle.

Southend's pressure was rewarded on 75 minutes when sub Jermaine McGlashan crossed to the far post for McLaughlin to level with an opportunist strike.

But despite now being in the driving seat Southend failed to capitalise on a rocking Bradford defence.

Instead, a contentious free-kick – a minute from time – awarded against McLaughlin saw Brown sent to the stands, after arguing with the fourth official.

Tony McMahon's set-piece eventually saw Wyke swap passes with Law, only for the schemer to be floored by Leonard, despite the midfielder also making contact with the ball.

The referee showed the former Plymouth man the red card for a second bookable offence.

There was no dramatic penalty save this time from spot-kick specialist Oxley as Wyke failed to read the script and smashed home his penalty down the centre of the goal, sending the 409-strong travelling supporters wild.

Oxley then saved the now ten-men Blues further woe, with a superb save from Law deep into stoppage time.

Brown said: "It was a very tight, close game. We were up against a very good Bradford side. But, once we had scored, there was only one side in it.

"It was a silly decision to send me to the stands. I was annoyed that the fourth official made a decision which finally cost us. The referee failed to do his job today."

Brown claimed: "Ryan Leonard, who will be a big miss after his red card, personified the commitment today. To me he's took the ball and the man [for the penalty]."

"But respect to Bradford. Eight away wins, even at the end of a season would be massive. I take my hat off to them."

Defender Michael Turner added:



STANDS: Phil Brown

"It took us a while to get going – we didn't start well.

"But, the second-half was brilliant and we deservedly got level. But, it was massively disappointing to lose in the end.

"We pressed hard for the equaliser, but we're disappointed to lose our unbeaten home record. We're massively frustrated.

"After last week, we had the opportunity to put things right. Apart from the start of the game [today], we did that."

Southend travel to play-off hopefuls Scunthorpe United on Saturday (kick-off 3pm), and the former Hull stopper concluded: "There are some tough fixtures coming up – but they're winnable.

"Christmas is an important time, and we're more than capable of going on a good run."

Southend United: Mark Oxley, Jason Demetriou, John White, Michael Turner, Ben Coker, Josh Wright, Michael Timlin (Jermaine McGlashan 69), Ryan Leonard (captain), Stephen McLaughlin, Anthony Wordsworth (Marc-Antoine Fortune 59), Nile Ranger (Amadou Ba 86). Subs: Nathan Bishop (gk), Stephen Hendrie, Dru Yearwood, Theo Robinson.

Bradford City: Rouven Sattlemire, Tony McMahon, Nathaniel Knight-Percival (Adam Thompson 69), Matthew Killgallon, Tyrell Robinson, Alex Gilliead, Reeves, Romain Vincelot (captain), Nicky Law, Paul Taylor (Jake Reeves 46), Dominic Poleon (Shay McCartan 76), Charlie Wyke. Subs: Lucas Reeder (gk), Adam Thompson, Timothee Dieng, Omar Patrick, Luke Hendrie.

Referee: Keith Stroud
Assistant Referees: Matt Foley and John Flynn

Fourth Official: Paul Harris.

Attendance: 6,097

THE BIG MATCH

SCUNTHORPE v SOUTHEND

Sky Bet League One
Glanford Park
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Non-league round-up

Richardson hat-trick keeps Rocks rolling

By Brian Jeeves

TOM RICHARDSON was East Thurrock United's hero as the Rocks stunned Aldershot Town at Rookery Hill. Richardson grabbed a hat-trick as the National South side thrashed their higher ranked opponents 4-0, ensuring their progress to the second round proper of the Buildbase FA Trophy.

An own goal from Cheye Alexander gave the hosts the lead before Richardson's treble after the interval.

Billerica Town also won their first round tie. Jake Robinson scored twice and Sam Deering added a late third at Havant & Waterlooville were beaten 3-1 at the AGP Arena. Josh Coulson and Matt Harrold were on target as Leyton Orient came from behind to see off plucky Bostik North side, Haringey Borough. Michael Ademiluyi had given the hosts a fifth-minute lead in front of a record 1,033 crowd at their Coles Park ground in White Hart Lane.

Braintree Town are in the second round draw. But the Iron will have to overcome Brackley Town in a replay after their tie at Cressing Road ended goalless. Heybridge Swifts will also do it again after a Charlie Wassmer own goal helped them to a 1-1 draw at Hampton & Richmond Borough.

Chelmsford City's bid to close the gap on the National South front-runners was thwarted when their game at Hemel Hempstead Town was called off due to a frozen pitch.

Harlow Town won a thrilling Bostik Premier Division encounter with Folkestone Invicta 3-2 at the Harlow Arena. Callum Davies (own goal), Ibrahima Sonko and Matthew Newman ensuring the points.

Ricky Griggs and Aaron Condon were on target as Brightlingsea Regent recovered from two down to draw 2-2 with Staines Town at North Road. But Thurrock slipped to a 4-1 defeat at Tooting & Mitcham. Claudio Ribeiro-Goncalves with the Ship Lane club's consolation in the final minute.

Bostik North leaders AFC Hornchurch had a 3-1 win over Cheshunt at Bridge Avenue. George Purcell scored twice for the Urchins, while Leon McKenzie added another.

Lewis Manor (2), John Easterford and Jamie Dicks were on target as Bowers & Pitsea saw off promotion rivals Barking, 4-0 at the Len Salmon Stadium. And there was another 4-0 win at Witham Town where goals from Correy Davidson, Thomas Robinson, Kofi Gyebi and Shamido Pedulu eased the home side past AFC Sudbury.

A Mitchell Gilbey penalty and a brace from George Sykes saw Canvey Island recover from 4-0 down at Norwich United. But the Gulls ran out of time and went down 4-3.

Kieran Bishop's stoppage-time goal earned Grays Athletic a 1-1 draw at Bury Town. And it was the same outcome between Romford and Mildenhall Town, Danny Cossington with the home side's goal.

Several matches in the Essex Senior League fell to the inclement weather. Clapton v Takeley, FC Romania v Great Wakering Rovers, Stansted v Hackney Wick, Tower Hamlets v Basildon United and Waltham Forest v Southend Manor will all need to be rescheduled.

At Leslie Field, Burnham Ramblers won an entertaining clash with Wadham Lodge by the odd goal in five. Redbridge were also 3-2 winners. The East Londoners picking up all three points at Hullbridge Sports. Sawbridgeworth Town eased past Barkingside 3-0 at Crofters.

In the ProKit UK Essex Olympian League Catholic United win their Premier Division match at Canning Town 3-0. Leigh Ramblers were 2-0 winners over Manford Way, while White Ensign won 3-2 at Rayleigh Town and it was the same outcome as Harold Wood Athletic squeezed past Basildon Town.

Herongate Athletic hammered A1 Sports 4-0 in Division Two, while Benfleet won 3-1 over Newham United. Rayleigh Town Reserves beat Rochford Town 3-2 at Rochford Recreation Ground, while Toby FC and May & Baker E.C Reserves drew 2-2.

White Ensign Reserves beat Hutton 4-3 in the game of the day in Division Three. In Division Four, Basildon Town Reserves beat Leigh Ramblers seconds 4-1 and Old Southendian Reserves thrashed Canning Town Reserves 6-0 at Garon Park.

Moyes pleased with West Ham revival

DAVID MOYES was delighted with his West Ham United side as after they brushed aside struggling Stoke City by three goals to nil at the Bet365 Stadium.

Skipper Mark Noble opened the scoring from the penalty spot, while former Stoke striker, Marko Arnautovic, and substitute, Diafra Sakho, completed the rout as the Hammers picked up their fourth Premier League victory of the campaign and their third successive clean sheet. The win lifts them clear of the relegation zone.

"It was a difficult game for us, it was always going to be," Moyes said. "Sometimes getting the first goal makes a big difference in

these games. But then we had to withstand bits of pressure at different times. But we did also have other chances to make it two or three, with chances in the first half.

"When you don't score the second goal then there's always a chance that they'll put us under a lot of pressure. But thankfully we defended really well, the way we have been defending in recent games.

"It has always been a difficult place to win here. All my time in management, it's never easy to come and get a result, that's for sure. They are few and far between. I think that the job we

have done was really good, that's why even at 2-0 you can never be safe because of balls to Peter Crouch and the crosses they were putting in, we defended incredibly well and made sure we blocked any shots they had.

"But I still think that when we broke and when we passed it, I thought we played much better with the football today when we got it. That's why we got a few chances as well."

Moyes was pleased with the form of frontman Arnautovic, especially in the face of a hostile reaction from the home crowd.

The Scotsman thought the Hammers record signing could

have added to his tally, saying: "I told him at half-time that I was annoyed with him because he should have scored two. But I also told him that if he keeps doing it he would score in the second half and he did so in the end."

He hailed skipper Noble, who limped off on what was his 300th Premier League appearance for the club. "He's done superb, we think he's got a bit of a hamstring and we are in a busy period, we are really short on midfield players and the boys are having to put in a big effort.

"Mark Noble, great achievement, 300 Premier League games, good on him."

Yellow Southend Advertiser

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Stay well this Christmas and New Year



See inside for useful info on staying well this winter

The following pages contain useful information about local NHS health services available to you over the festive and bank holiday period.

If you do need to see a GP when your usual practice is closed, call NHS 111 - a free, 24 hour telephone service, to access help.

You can make a BIG difference

The following pages contain some useful tips and advice to help you manage some of the most common minor illnesses and ailments that can make us feel poorly this time of year.

There's also guidance on how long you can expect symptoms to last and when to seek further help.



Coughs TYPICALLY LAST 2 - 3 WEEKS



What can I do to treat myself?

Simple home remedies, such as sucking lozenges or 'honey and lemon', can help to relieve many symptoms. Just add freshly squeezed lemon juice and a teaspoon of honey to a mug of hot water. It also helps to drink 6-9 glasses of water in a day. If you're a smoker, reducing the amount you smoke or stopping altogether will not only improve your cough but benefit your overall health.

Speak to your pharmacist or doctor's surgery if you experience any of the following:

- Your cough persists beyond 3 weeks
- Coughing up blood
- You experience chest or shoulder pain
- Difficulty breathing/breathlessness
- A high temperature above 39°C
- Weight loss for no reason over six weeks or longer
- Your voice becomes hoarse for longer than 3 weeks
- Any lumps or new swellings in the neck or above your collarbone
- Symptoms start after you've choked on something

Antibiotics: Did you know?

In the majority of cases antibiotics are not an effective treatment for symptoms such as a cough, cold, mild sore throat or nasal congestion. These symptoms are caused by viruses and antibiotics only work against bacteria. If you take antibiotics unnecessarily then they may not work when you need them to treat a bacterial infection.

Colds TYPICALLY LAST 1 - 2 WEEKS



What can I do to treat myself?

Get plenty of rest until you're well enough to return to your usual activities. Drink lots of fluids to replace those lost from sweating and try to eat at least five portions of fruit and vegetables every day.

Speak to your pharmacist or doctor's surgery if you experience any of the following:

- Symptoms persist beyond 3 weeks
- A high temperature above 39°C
- Feeling confused or disorientated
- Sharp pains in your chest or difficulty breathing
- Swelling of the glands in your neck and/or armpits
- You cough up blood-stained phlegm (thick mucus)

“

Cold remedies can be bought cheaply from supermarkets and chemists, giving doctors more time to treat people who are really poorly.

JANE from Essex



Allergies

Symptoms of an allergic reaction usually develop within a few minutes of being exposed to something you're allergic to, although occasionally they can develop gradually over a few hours. Your pharmacist can help determine whether the symptoms are caused by an allergy or another condition, and will advise if you need to see your GP. Very occasionally, a severe reaction called anaphylaxis can occur.

Symptoms of anaphylaxis

- Swelling of the throat and mouth
- Difficulty breathing
- Lightheadedness
- Confusion
- Blue skin or lips
- Collapsing and losing consciousness

Anaphylaxis is a medical emergency that requires immediate treatment. Call NHS 111 for urgent treatment or 999 in emergencies

Sore Throat

TYPICALLY LASTS 1 WEEK



What can I do to treat myself?

You can relieve symptoms by eating cool, soft food and by sucking on lozenges, ice cubes, ice lollies or hard sweets. Try to drink 6 - 9 glasses of water every day, particularly if you have a fever. Gargling warm salty water can also help reduce swelling and avoiding smoky environments can reduce irritation.

Nasal Congestion

TYPICALLY LASTS 2½ WEEKS



What can I do to treat myself?

There are several things you can do to help ease your symptoms including washing out the nose with a stream of saline solution (available from your pharmacy) and applying a warm face pack. Drink plenty of fluids to replace those you've lost and try to eat at least five portions of fruit and vegetables every day.

Diarrhoea and Vomiting

TYPICALLY LASTS 5-7 DAYS



What can I do to treat myself?

If you experience diarrhoea and vomiting, there's no specific treatment but follow these tips while the illness runs its course:

- Drink plenty of water to avoid dehydration
- Take paracetamol for any fever or aches and pains
- Get plenty of rest
- Prevent the spread - remember to wash your hands after going to the toilet
- Stay at home for 2 days after symptoms clear

Mental Health and Wellbeing

Christmas and New Year can often be a stressful time so it's important to look after your mind as well as your body.

If you are feeling tense or anxious and need to talk to someone, the following organisations run helplines over the festive period:

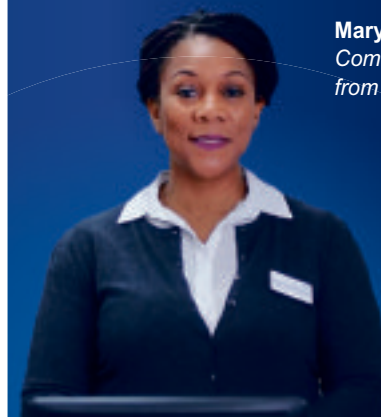
Samaritans - call free on 116123

Silver Line - for older people who are isolated 0800 4708090

Childline - 0800 1111

Speak to your Pharmacist

Over the counter medicines are available to help relieve many mild symptoms. Speak to your pharmacist who can help you choose the medicine that will work best for you, advise you on whether you need to see a doctor and provide guidance on self-care and maintaining a healthy lifestyle.



Mary,
Community Pharmacist
from Essex

Pharmacy opening times on Christmas bank holidays 2017

CHRISTMAS DAY - Monday 25 December 2017

Pharmacy	Address	Opening times
Hambro Pharmacy	53a Hullbridge Road, Rayleigh, SS6 9NL	10am to 4pm
Daynite Pharmacy	261 London Road, Hadleigh, SS7 2BN	9am to 4pm

BOXING DAY - Tuesday 26 December 2017

Pharmacy	Address	Opening times
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff-On-Sea, SS0 7EL	10am to 4pm
Boots Pharmacy	Unit 2 Royal Shopping Centre, Southend-On-Sea, SS1 1DE	8am to 6pm
Lloyds Pharmacy	Sainsbury's 45 London Road, Southend-On-Sea, SS1 1PL	10am to 4pm
Boots Pharmacy	Unit G48 Victoria Shopping Centre, Southend-On-Sea, SS2 5SA	8am to 5pm
Morrisons Pharmacy	Western Approach, Eastwood, SS2 6SH	10am to 4pm
Asda Stores	North Shoebury Road, Shoeburyness, SS3 8DA	10am to 4pm
Boots Pharmacy	77-79 High Street, Rayleigh, SS6 7EJ	10am to 4pm
Hambro Pharmacy	53a Hullbridge Road, Rayleigh, SS6 9NL	9am to 7pm
Daynite Pharmacy	261 London Road, Hadleigh, SS7 2BN	10am to 11pm
Morrisons Pharmacy	175 London Road, Hadleigh, SS7 2RD	10am to 4pm
Boots Pharmacy	241/243 London Road, Hadleigh, SS7 2RF	9am to 2pm
Lloyds Pharmacy	Sainsbury's, Rayleigh Weir, 21 Stadium Way, Rayleigh, SS7 3UB	10am to 4pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey Island, SS8 7AG	10am to 4pm

NEW YEAR'S DAY - Monday 01 January 2018

Pharmacy	Address	Opening times
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff-On-Sea, SS0 7EL	10am to 4pm
Boots Pharmacy	Unit 2 Royal Shopping Centre, Southend-On-Sea, SS1 1DE	10am to 5pm
Lloyds Pharmacy	Sainsbury's 45 London Road, Southend-On-Sea, SS1 1PL	10am to 4pm
Boots Pharmacy	Unit G48 Victoria Shopping Centre, Southend-On-Sea, SS2 5SA	8am to 5pm
Morrisons Pharmacy	Western Approach, Eastwood, SS2 6SH	10am to 4pm
Asda Stores	North Shoebury Road, Shoeburyness, SS3 8DA	9am to 6pm
Boots Pharmacy	77-79 High Street, Rayleigh, SS6 7EJ	10am to 4pm
Hambro Pharmacy	53a Hullbridge Road, Rayleigh, SS6 9NL	9am to 9pm
Daynite Pharmacy	261 London Road, Hadleigh, SS7 2BN	10am to 11pm
Morrisons Pharmacy	175 London Road, Hadleigh, SS7 2RD	10am to 4pm
Lloyds Pharmacy	Sainsbury's, Rayleigh Weir, 21 Stadium Way, Rayleigh, SS7 3UB	10am to 4pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey Island, SS8 7AG	10am to 4pm



**when it's less
urgent than 999**



Pharmacies: Did you know?

A quick trip to your local pharmacy is usually enough to get the treatment needed for most minor illnesses. You may not know it, but community pharmacists are qualified to offer expert advice there and then, evening or weekends (even in a private consultation room if needed!). Don't worry – if they think you need to be seen somewhere else they will tell you.

